Main:

Escape key	Gets out of the current mode into the “command mode”. All keys are bound of commands.
i	“Insert mode” for inserting text. Keys behave as expected.
:	“Last-line mode” where Vim expects you to enter a command such as to save the document.

Navigation keys:

h	moves the cursor one character to the left.
j or Ctrl + J	moves the cursor down one line.
k or Ctrl + P	moves the cursor up one line.
l	moves the cursor one character to the right.
0	moves the cursor to the beginning of the line.
$	moves the cursor to the end of the line.
^	moves the cursor to the first non-empty character of the line
w	move forward one word (next alphanumeric word)
W	move forward one word (delimited by a white space)
5w	move forward five words
b	move backward one word (previous alphanumeric word)
B	move backward one word (delimited by a white space)
5b	move backward five words
G	move to the end of the file
gg	move to the beginning of the file.

Navigate around the document:

(	**jumps to the previous sentence**
)	jumps to the next sentence
{	jumps to the previous paragraph
}	jumps to the next paragraph

[[	jumps to the previous section
]]	jumps to the next section
[]	jump to the end of the previous section
][	jump to the end of the next section

Insert text:

a	Insert text after the cursor
A	Insert text at the end of the line
i	Insert text before the cursor
o	Begin a new line below the cursor
O	Begin a new line above the cursor

Delete text:

x	delete character at cursor
dw	delete a word.
d0	delete to the beginning of a line.
d$	delete to the end of a line.
d)	delete to the end of sentence.
dgg	delete to the beginning of the file.
dG	delete to the end of the file.
dd	delete line
3dd	delete three lines

Copy/Paste text:

yy	copy current line into storage buffer
["x]yy	Copy the current lines into register x
p	paste storage buffer after current line

P	paste storage buffer before current line
["x]p	paste from register x after current line
["x]P	paste from register x before current line

Search and Replace keys:

/search_text	search document for search_text going forward
?search_text	search document for search_text going backward
n	move to the next instance of the result from the search
N	move to the previous instance of the result
:%s/original/replacement	Search for the first occurrence of the string “original” and replace it with “replacement”
:%s/original/replacement/g	Search and replace all occurrences of the string “original” with “replacement”

Select text:

v	Enter visual mode per character
V	Enter visual mode per line
Esc	Exit visual mode

Modify selected text:

~	Switch case
d	delete a word.
c	change
y	yank
>	shift right
<	shift left
!	filter through an external command
~	Switch case
d	delete a word.

Save and quit:

:q	Quits Vim but fails when file has been changed
:w	Save the file
:w new_name	Save the file with the new_name filename
:wq	Save the file and quit Vim.
:q!	Quit Vim without saving the changes to the file.
ZZ	Write file, if modified, and quit Vim
ZQ	Same as :q! Quits Vim without writing changes